

Lost

拍数: 32 墙数: 4 级数: Beginner
编舞者: Susan (KOR) & BiJou (KOR) - January 2022
音乐: Lost - Maroon 5



Intro: 8 Counts

1 Tag : After 10wall, 4count Tag(1/2 Pivot Turn×2)

[Sec. 1] Walk Forward(R, L), Lock Step Forward(×2), Rock & Recover

1 2 Step forward on RF, Step forward on LF
3&4 Step forward on RF, Lock step LF behind RF, Step forward on RF
5&6 Step forward on LF, Lock step RF behind LF, Step forward on LF
7 8 Step forward on RF, Recover onto LF

[Sec. 2] Lunge, Lock Step Back, Back Sweep(×2)

1 2 Step RF to R, Recover onto LF
3&4 Step back on RF, Lock step LF in front of RF, Step back on RF
5 6 Step LF backward sweeping RF around to back
7 8 Step RF backward sweeping LF around to back

[Sec. 3] Back Weave, Back Lock-recover, Side Shuffle

1 2 Cross LF behind RF, Step RF to R
3 4 Cross LF over RF, Step RF to R
5 6 Cross LF behind RF, Recover onto RF
7&8 Step LF to L, Close RF next to LF, Step LF to L

[Sec. 4] Hip Bump(×2), Rocking Chair

1 2 Bump hips to R
3 4 1/4 Turn to L Bumping hips
5 6 Step Forward on RF, Recover onto LF
7 8 Step backward on RF, Recover onto LF

Have Fun!

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